

# St. Bede's Catholic College

## Specialist Science and Sports College



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## Newsletter

Issue 296 3rd April 2020

### MESSAGE FROM MR MAHER, PRINCIPAL

I hope that you are all keeping well and managing to take good care of yourselves and your loved ones during this incredibly challenging time. I also wanted to express my heartfelt appreciation for your continued patience, understanding and support as we navigate our way through this uncertain and unsettling period.

The College has remained open for the students of key workers in line with government advice. We cannot afford to overlook young people's wellbeing and positive mental health, and we will therefore continue to do all we can to support them over the coming weeks.

We must all remember that the family of St. Bede's is about so much more than occupying the buildings on the site. We have an identity, faith and a spiritual bond which extends far beyond the bricks and mortar. We must trust that there will come a time when we are able to come back together, rebuild our lives and welcome our fantastic students back to their College.

In the meantime, please ensure you contact us if you need any support at all. We will endeavour, as always, to do the best we can to help every member of the family which is St. Bede's Catholic College.

Yours in Christ,  
J. G. Maher

### EASTER REFLECTION

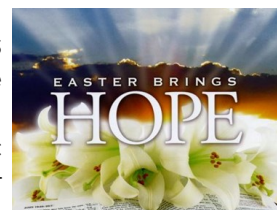
It's not uncommon for people to say they are pessimists. They claim that it's just the way they are made. For them, it seems like they naturally only see the negative side of life.

We believe that nobody had more reason to be pessimistic than Jesus' followers in the days after his death. For them, their lives had lost their meaning, whether in their personal lives, their relationships, or the community to which they belonged. Everything had been destroyed. They had nothing left to live for. But that's why we believe that knowing the whole Easter story is so important. Good Friday, the day on which Jesus was killed, the day when the world collapsed for his followers, must always move on to Easter Sunday, the day when he was raised back to life.

In the days, weeks, months and years following the resurrection of Jesus, his followers lived their lives with the belief that, whatever the world threw at them, Jesus was alive and nothing could dampen that truth. It's the same belief that we hold today, that the Easter Sunday resurrection transforms each new day. Easter Sunday means that it's possible to live as optimists rather than pessimists.

You may share that Christian belief. You may have a different belief, or maybe none at all. But for all of us, there is a basic principle that we can adopt: we can choose to live our lives in the light of the good things that have happened to us rather than in the darkness of our mistakes and unfortunate experiences. We can choose to be optimists rather than pessimists.

This year, more than any in our lifetime, we are all in danger of only seeing the negative side of things. But there is hope. The Easter story is a message of hope. Hope tells us that we will not be overwhelmed. Hope tells us that the light is always there, even when the tunnel seems never-ending. Hope reminds us that 'Sunday' always comes.



<https://www.youtube.com/watch?v=FG9T8UmN6VY>

## THE ADDAMS FAMILY

On the 11th, 12th and 13th March our talented cast, band and crew put on three sell-out performances of **The Addams Family**. The reaction from the audience was fantastic and the kooky performance was thoroughly enjoyed by all. With some hilarious stand-out performances from our incredible Addams Family, it was the perfect way to lift spirits. A huge thank you to pupils and staff who were involved back stage and who dedicated so much of their free time to rehearsals.



Leading Parent  
Partnership Award

We are delighted to announce that we have recently received formal notification that St. Bede's Catholic College has been awarded this very special title after fully demonstrating the extensive criteria.

**The LPPA is a framework for schools and educational settings who are committed to investing in parents and carers for the achievement of pupils.**

It is a national award that acknowledges, but also serves to strengthen and enhance our work with parents and carers. As part of the award we have demonstrated to the external verifier that we meet the key performance indicators including the provision of a sustained approach to parental engagement, which meets Ofsted criteria, and ensures parents/carers have a positive experience of the college. Our aim is to continue to develop the strong partnership that exists between the college and parents/carers.

We would like to thank all of our partners who have contributed to the achievement of the award and in particular the parents and carers who have shared their positive experience of working with us, but also to those who have supported us by purposefully highlighting opportunities and areas for further development.

## MESSAGES OF SUPPORT

### Year 7

I was sad not to get the opportunity to see you all together before the college closed but I hope we will have the chance to do so before the college year is out. I know that you have been set lots of work by your teachers and that you are all keeping yourselves busy! If you are finding the work load challenging or if there is anything I can help with, please do let me know—I am still your Head of Year and I am always here to help. Please make sure you find time to exercise and have conversations with your family, this extra time you have together is a gift.

Whilst this is a difficult time for everyone I have found that I have spent more time talking with my brother, sister and friends more than I have for a very long time. It certainly makes you realise what is important don't you think? Wishing you and your families all the best! Look after yourselves Year 7! Mrs Carmichael

### Art and Textiles

Thank you to pupils who have photographed their artwork and emailed it through to their teacher. It is so uplifting to see the creative outcomes of your hard work. Please remember to put in the subject area of your email which Art/Textiles group you are in.

Mrs Cannon

### Music

There has been some great work from Year 10 and Year 12 GCSE/A Level Music pupils. Well done for the hard work on your composition tasks and Bach Chorale Exercises. Keep up the good work and continue to email your compositions and tasks to your music teacher.

Mr Lewis

### Year 12

Well done to all year 12 students who have been completing excellent independent work so far. Remember to email your teachers the work you have completed so that they can provide feedback. We are impressed by how well you have adapted to independent working.

Miss Kirkbright

### Year 13

Well done to you all for adapting to this challenging situation. Remember to complete any outstanding NEA work and email it to your teachers. Teachers of year 13 will continue to set work to enable you to finish your courses and take your exams in the autumn term if you wish. More details on how your grades will be calculated will be issued by the Government shortly.

Miss Kirkbright

### Descartes House

I hope you and your families are all keeping well. It is a strange time for us all, but we are all in this together as a community and you are not on your own. Try and do some school work daily, but also take time out for your own well being. I am attempting to complete a daily workout and a yoga session. Keep smiling, we will get through this! I am thinking of you all and I am on the end of an email should you need anything. Take care, look after each other and stay safe. Ms Johnston

### Pasteur House

I would like to thank all pupils and parents who are emailing to keep me updated with all the exciting activities, home learning and other creative ways you have been keeping busy to support your communities. You are an inspiration! Keep focussed and as structured as possible and allow yourself some downtime to read, chill and watch a film. Keep a blog/diary as you should hopefully never experience such times again—and the future will be interested in how you coped. Keep checking Show My Homework and I will keep you all updated on the latest edition to the Sharp family; Puppy Sharp! Ms Sharp

## MESSAGES OF SUPPORT

### GCSE and A Level Drama

This week would have been your practical exams, a performance in front of your supportive family and friends and a celebration of all that you've achieved over the past two years. I am so sorry that you won't get to perform but please remember this: you do not need to sit an exam to prove what you have achieved, just look how far you have come! You have gained so much confidence and resilience. As performers you are empathetic, funny and brilliant—you will go on to do great things.

Unfortunately our theatre trips have also been cancelled this term, but if you are craving some theatre take a look at what is online. The National Theatre are streaming free full-length plays every Thursday on their YouTube channel. Keep an eye on Google Classroom and Show My Homework for links to live-streamed productions. Miss Adams

### Science

For pupils wanting to take part in fun 'at home' science experiments please join the St. Bede's Science Club on the Google Classroom using the code 'y2jpkfo'.

Weekly activities using things you are likely to find in your own home will be posted. There will also be a chance for pupils to compete in a 'home' science fair involving schools from across the UK. Mrs Powers

### History

Thank you for the wonderful work you have been sending your teachers. Keep up the good effort! Mrs Lewis

### Bell Burnell House

It's really strange not being with you all, so I hope that you and your families are healthy and well? I have been in touch with all of your tutors and I know that they are keen to hear from you so please make the effort to reply to their messages. I can't stress enough the importance of looking after your wellness, and I hope you can use strategies we have explored over the last couple of years. A routine of daily exercise, some college work and communication between yourselves is so important. Please feel free to contact me at any time via email. I will also be setting you some weekly challenges so look out for them!

Bell Burnell House has a proud tradition of raising fantastic amounts for our house charities. In previous years we have completed 24 in 12, Escape Room, Rainbow Run and last year the 3 legged assault course. Therefore, my first challenge is to write to residents in a local nursing/retirement home. Most of these have now closed its doors to visitors to help protect themselves against COVID-19. A letter, a poem or picture would be gratefully received to help raise spirits and I hope that many of you will be able to participate to this good cause.

Take care and stay safe. Mr Johnson



### And the people stayed at home A Poem by Kitty O'Meara

And people stayed at home  
And read books and listened  
And rested and exercised  
And made art and played  
And learned new ways of being  
And stopped  
And listened deeper  
Someone meditated  
Someone prayed  
Someone danced  
Someone met their shadow  
And people began to think  
differently  
And people healed  
And in the absence of people  
who lived in ignorant ways  
Dangerous, meaningless and  
heartless  
Even the earth began to heal  
And when the danger ended  
And people found each other  
Grieved for the dead people  
And they made new choices  
And dreamed of new visions  
And created new ways of life  
And healed the earth  
completely  
Just as they were healed  
themselves.



## DUKE OF EDINBURGH AWARD UPDATE

Please be advised that all three Duke of Edinburgh expeditions are currently postponed, not cancelled. Once further information regarding the reopening of schools is announced, the expeditions will be rescheduled so that all students have the opportunity to successfully complete and achieve their award.

At this time, it is likely that individual sections; skill, volunteering and physical, are on hold, unless the skill can be undertaken at home (such as learning an instrument or cooking). The DoE have not released any details regarding whether the timescales of these sections will be adapted. This would however, be a good time for all students to ensure that their online **eDoE** account is fully up to date—with correct contact information and relevant updates not yet added to specific sections. We all look forward to being out in the sun but for now, keep safe! Mr Sutton



## SAFEGUARDING SPOTLIGHT

### Matters of the Mind

Exercise actually helps us to feel happier

The Government Live Well guidelines recommend that for 5-18 years, children should be averaging at least 60 minutes of moderate intensity physical activity across the week. For 19-64 years, Adults should be doing at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous activity per week. You can read more here: <https://www.nhs.uk/live-well/exercise/>

When we get our body moving, our brain's hypothalamus and pituitary gland produce neurochemicals called endorphins, which create a sense of euphoria and well-being and help to combat stress. Physical activity also stimulates the release of dopamine, norepinephrine, and serotonin which all play an important role in regulating mood.

Within the St. Bede's Catholic College Community we are very fortunate to have expert advice on hand from Mr Luke to guide us in what we can do to exercise in our own homes during this period of lock-down. Mr Luke has kindly provided access to a range of workouts which are colour coded, offering opportunities for all;

**Green Sessions:** Elderly or typically inactive (non exercising)

**Orange Sessions:** Accessible to most people

**Red Sessions:** For regular gym goers

All the sessions are bodyweight based and require no proper equipment (the odd can of soup might be necessary).

If you are interested in following these sessions please click on the link below:

<https://www.facebook.com/tomlukepersonaltraining/>

The Green sessions are great to share with elderly relatives or anyone you're worried isn't getting enough exercise while they're 'locked down'.

The Orange sessions should all be possible for both adults and children

Please be aware that the sessions shared here are undertaken at your own discretion and it is important to both warm-up before-hand and work within your limits, and warm down afterwards. If you engage in exercises you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself



## **SAFEGUARDING SPOTLIGHT**

### **COVID -19 Changes to standard safeguarding operating procedures – STBCC**

Despite the current circumstances, safeguarding principles remain the same and we will continue to adhere to 'Keeping Children Safe in Education' for all safeguarding matters. However, some safeguarding and child protection actions have changed;

- The best interests of children must always continue to come first.
- The DSL and deputy DSL are available at all times: If any parent or carer has a safeguarding concern about any child they should continue to act immediately by emailing Mr O'Rourke: [d.orourke@stbcc.org](mailto:d.orourke@stbcc.org)

#### **An important reminder about supervision of children ON-LINE – For Parents and Carers**

Children should continue to be protected when they are online. Please see the useful reminders about how to keep the child(ren) in your care SAFE ON-LINE.

- Ask the child to share which social media apps they use and what they like about them
- Talk about how they use them and what makes them so engaging
- Explain how their child can use privacy settings to make sure only approved friends can see posts & images
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally
- Show them how to report offensive comments or block people who upset them
- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed
- Children should ask permission before posting appropriate images and adults should seek consent from children before sharing photos on-line
- Encouraging your child to talk to you if they see anything that upsets them
- Take note of guidance around age-ratings on television and film content

Refer to these sites offering support;

[Internet matters](#)

[London Grid for Learning](#)

[Net-aware](#)

[Parent info](#)

[UK Safer Internet Centre](#)

[Think](#)

#### **How a child or a parent/carers can report a safeguarding concern**

If you have a concern, or your child has a concern, they can contact the college on [contact@stbcc.org](mailto:contact@stbcc.org) or to Mr O'Rourke directly: [d.orourke@stbcc.org](mailto:d.orourke@stbcc.org). Alternatively a child may prefer to call Childline 0800 1111 or NSPCC on 0800 800 5000.

Children's services will continue to operate and the DSL will communicate with teams in the three local authorities based on reports from college staff, children and parents/carers as appropriate. However, anyone can call the services listed below;

<b>Authority</b>	<b>Contact</b>
Bristol	<b>0117 903 6444</b>
North Somerset	<b>01275 888 808</b>
South Gloucestershire	<b>01454 866000</b>
Emergency	<b>999</b>

#### **Some useful guidance on Wellness**

You may be worried about your child or a child you know. Or, you may be concerned about their behaviour. If so, here is a useful guide for a range of topics including Dealing with Bereavement and Loss, Low mood and depression and Anxiety: Please click- [EduCare - advice for parents and carers](#)

In addition, please find a number of useful contacts on our college website supporting the emotional wellness of young people: Please [click here](#)

## LIBRARY NEWS

For further information on the St. Bede's Catholic College Virtual Library please click the following link:

<http://www.stbedesc.org/attachments/download.asp?file=938&type=pdf>

MARCH 2020

VOL. 1



# ST. BEDE'S LIBRARY

What's On with the Library



## This Week:

CHECK OUT A  
BOOK...

IN THE  
VIRTUAL LIBRARY!

VIRTUAL  
BOOK CLUBS

FANCY JOINING US?

SEND AN EMAIL TO  
[LIBRARYDESK@STBCC.ORG](mailto:LIBRARYDESK@STBCC.ORG)

## The Library Can Help!

The library is a place to connect and to learn. It continues to be a lifeline as we're all learning from home. Your librarians are here to help you, even from a distance!

Do you need help finding a book to read while you're home? Do you have a question about something in the [virtual library](#)? Do you want to talk about books? Why not email us on [librarydesk@stbcc.org](mailto:librarydesk@stbcc.org)?

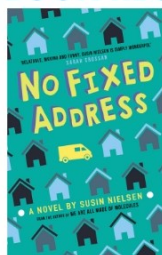
### WELLNESS TIP:

You may have seen Nicola Morgan's books in the Shelf Help section of the Library. Her books include *Positively Teenage: A Positively Brilliant Guide to Teenage Well-being* and *Blame my Brain: The Amazing Teenage Brain Revealed*. Here she provides a relaxation audio which you might enjoy.

Do you have five minutes? [Click here to listen.](#)



### BOOK RECOMMENDATION



*No Fixed Address* was long-listed for the prestigious Carnegie Award! It's the story of a boy and his mum who end up living in a van, and what that entails. Gritty and realistic, touching and funny, all rolled into one. Both Mrs. Hayman and Ms. Mueller enjoyed it! Author Susin Nielsen is doing daily readings from this book on her [Twitter!](#)

### #BookTrustHomeTime

Looking for something fun as a family? Enjoy storytime with free online books and videos, play games, win prizes, test your knowledge in book-themed quizzes, or even learn how to draw some of your favourite characters.

### Activity of the Week



Take a virtual trip to the zoo! Lots of zoos have animal livestreams set up so you can see the animals from the comfort of home. If you are keeping your distance from your grandparents or elderly relatives why not link up and go together, virtually?!

Visit the [Edinburgh Zoo](#) to see pandas, tigers, penguins or koalas!

### Do you have a book recommendation?

Submit your book rec to [librarydesk@stbcc.org](mailto:librarydesk@stbcc.org) and you could see it published in the next St. Bede's library mini-zine!

Aim to keep the review under 50 words, please.

### YOUR LIBRARIANS:

MRS. HAYMAN  
MS. MUELLER

### CONTACT:

[LIBRARYDESK@STBCC.ORG](mailto:LIBRARYDESK@STBCC.ORG)



## QUIZ INFORMATION

We are delighted to present to you Round 1 of our Curriculum Quiz for individuals or family groups to complete. The quiz is open to the wider St. Bede's community including Alumni. The varied questions have been set by staff at St. Bede's. Please submit your 'honest' scores for this round using the link at the end of the quiz by 20th April 2020. The winning teams will be notified in the next newsletter and small prizes awarded. Good luck!

### Category: ART

- Easy** Which Dutch painter cut off part of his ear after a quarrel?
- Medium** Which is the odd one out? *Line / Tone / Texture / Colour / Movement / Pattern / Form / Shape / Composition*
- Challenging** Which French artist, born in 1834 was best known for his paintings of ballet dancers?

### Category: BELL BURNELL HOUSE

- Easy** Where was Jocelyn Bell Burnell born?
- Medium** Jocelyn Bell Burnell is an astrophysicist but what is she most famous for discovering?
- Challenging** Because of the importance of the discovery, controversially her superior and not Jocelyn was awarded what in 1974?

### Category: DESCARTES HOUSE

- Easy** When was Rene Descartes born?
- Medium** When did Rene Descartes invent analytic geometry?
- Challenging** Which Queen of Sweden made Rene Descartes wake up by 5.00 a.m?

### Category: DRAMA

- Easy** Who was the Greek God of Theatre?
- Medium** What did actors wear on their faces in Greek Theatre?
- Challenging** In Greek Theatre, what was the name given to the group of actors all speaking together?

### Category: GEOGRAPHY

- Easy** On an OS Map how is the height of land shown?
- Medium** What does GPS stand for?
- Challenging** Which compass point lies immediately opposite SSE?

### Category: LAW

- Easy** Name the 4 rules of statutory interpretation
- Medium** Which is the highest court in England and Wales?
- Challenging** What does obiter dicta mean?



**Category: MATHS****Easy**

Use the digits 2, 4, 6, 8 to fill in the missing numbers to make the answer closest to zero.

$$\begin{array}{|c|c|} \hline \square & \square \\ \hline \end{array} - \begin{array}{|c|} \hline \square \\ \hline \end{array} \times \begin{array}{|c|} \hline \square \\ \hline \end{array}$$

**Medium**

Mr Ward's fish tank has black and yellow fish in the ratio 3:1. A fish plague, Warditus, wipes out a third of his fish. He then restocks his fish tank with just black fish, so that he has the same number of fish as before.

What's the new ratio of black to yellow fish?

**Challenging**

How many factors does  $2^2 \times 3^2$  have?

**Category: MODERN FOREIGN LANGUAGES****Easy**

What is the name of the present President of France and Prime Minister of Spain?

**Medium**

Which French footballer is a national hero despite receiving a red card in the World Cup finals?

**Challenging**

The French say 'Faire la Grasse Matinée' which translated means to make a fat morning. What is the meaning of this?

- A) to have a big cooked breakfast
- B) To have a lie-in
- C) To have too many tasks to get through in the morning

**Category: MUSIC****Easy**

What are the four families of the orchestra?

**Medium**

What are the four main instruments of the string family?

**Challenging**

The two main techniques for playing string instruments include using a bow and using your fingers to pluck the strings. What are the Italian terms used to describe these two playing techniques?

**Category: PASTEUR HOUSE****Easy**

What is the hashtag for Pasteur House?

**Medium**

What nationality was Louis Pasteur?

**Challenging**

What is Louis Pasteur's last major accomplishment? (Not what he is most famous for!)

**Category: PHYSICAL EDUCATION****Easy**

How many players are there in a cricket team (on the field at any one time)?

**Medium**

Which three sports form a triathlon?

**Challenging**

Which sport uses the lightest ball?

**Category: RELIGIOUS FORMATION**

- Easy** What does Transubstantiation mean?
- Medium** What is the Penitential (or introductory Rite)?
- Challenging** How many stages of Mass are there and what are they called?

**Category: SCIENCE**

- Easy** Who said: "Two things are infinite: the universe and human stupidity and I'm not sure about the universe"
- A) Stephen Hawking
- B) Albert Einstein
- C) Ernest Rutherford
- Medium** Who said: "Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity"
- A) Louis Pasteur
- B) Charles Darwin
- C) Jocelyn Bell Burnell
- Challenging** Who said: "Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less"
- A) Marie Curie
- B) Rosalind Franklin
- C) Dmitri Mendeleev

**Category: SEACOLE HOUSE**

- Easy** What year was Mary Seacole born?
- Medium** Where was Mary Seacole born?
- Challenging** In which city would you find her grave?

**Category: TEXTILES**

- Easy** When cutting patterns from fabric for clothing, why do you need to allow extra around the pattern?
- Medium** Drawing with hot wax onto fabric is called?
- Challenging** True or False. Batik and Tie Dye are 'resist' decoration techniques.

**Category: HISTORY**

- Easy** Who was the shortest reigning Tudor monarch?
- Medium** To whom was Henry VIII referring when he called her a 'Great Flanders Mare'?
- Challenging** What is the name of the last in the trilogy of Hilary Mantel's books about Thomas Cromwell?

**CURRICULUM QUIZ**  
**ROUND 1**  
**ANSWERS**

<b>ART</b>	1. Vincent van Gogh 2. Movement 3. Edgar Degas
<b>BELL BURNELL HOUSE</b>	1. Northern Ireland 2. Radio Pulsars 3. Nobel Prize in Physics
<b>DESCARTES HOUSE</b>	1. 31 March 1596 2. 1619 3. Christina
<b>DRAMA</b>	1. Dionysus 2. Masks 3. Greek Chorus
<b>GEOGRAPHY</b>	1. Contour lines and/or Spot Heights 2. Global Positioning System 3. NNW (North-North-West) lies immediately opposite SSE (South-South-East)
<b>LAW</b>	1. Literal rule, golden rule, mischief rule and purposive approach. 2. Supreme Court 3. Things said 'By the way'
<b>MATHS</b>	1. $28 - 4 \times 6 = 4$ 2. 5:1 3. 9
<b>MFL</b>	1. Macron (France) Sánchez (Spain) 2. Zenidine Zinedine 3. B
<b>MUSIC</b>	1. Woodwind, brass, percussion and strings 2. Violin, viola, cello and double bass 3. 'Con arco' and 'pizzicato'
<b>PASTEUR HOUSE</b>	1. #anythingispossible 2. French 3. Discovery of rabies vaccination

**CURRICULUM QUIZ  
ROUND 1  
ANSWERS CONTINUED**

<b>PHYSICAL EDUCATION</b>	1. Eleven 2. Swimming, cycling and running 3. Table Tennis
<b>RELIGIOUS FORMATION</b>	1. The belief that the bread and wine become the body and blood of Jesus 2. The beginning of Mass where people confess their sins. 3. Penitential Rite, Liturgy of the Word, Liturgy of the Eucharist, Rite of Communion, Dismissal
<b>SCIENCE</b>	1. B 2. A 3. A
<b>SEACOLE HOUSE</b>	1. 1805 2. Kingston, Jamaica 3. London
<b>TEXTILES</b>	1. Seam allowance for joining pieces together 2. Batik 3. True
<b>HISTORY</b>	1. Lady Jane Grey-9 days 2. Anne of Cleves 3. The Mirror and the Light

**Score**

**/48**

Please click on the link to submit your 'honest' scores: <https://forms.gle/aAWgnnTKJ6xjcX6h7>

**INFORMATION AND SUPPORT FOR FAMILIES, PARENTS/CARERS  
AND YOUNG PEOPLE IN BRISTOL**

Please find below information which you may find useful at this time:  
<http://www.stbedesccl.org/attachments/download.asp?file=932&type=pdf>